

Full Report (All Nutrients) 35181, Steelhead trout, boiled, canned (Alaska Native)

Report Date: July 16, 2017 06:36 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water 1	g	70.59	1	--
Energy	kcal	159	--	--
Energy	kJ	664	--	--
Protein 1	g	21.11	1	--
Total lipid (fat) 1	g	8.26	1	--
Ash 1	g	1.24	1	--
Carbohydrate, by difference	g	0.00	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
Minerals				
Calcium, Ca 1	mg	30	1	--
Iron, Fe 1	mg	0.64	1	--
Magnesium, Mg 1	mg	25	1	--
Phosphorus, P 1	mg	249	1	--
Potassium, K 1	mg	365	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Sodium, Na 1	mg	118	1	--
Zinc, Zn 1	mg	0.57	1	--
Copper, Cu 1	mg	0.058	1	--
Manganese, Mn 1	mg	0.011	1	--
Selenium, Se 1	µg	26.0	1	--
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	--	--
Vitamin B-12 1	µg	5.79	1	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	20	--	--
Retinol	µg	20	--	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	65	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol) 1	mg	2.15	1	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta 1	mg	0.00	1	--
Tocopherol, gamma 1	mg	0.01	1	--
Tocopherol, delta 1	mg	0.00	1	--
Vitamin D (D2 + D3)	µg	15.1	1	--
Vitamin D 1	IU	604	1	--
Vitamin K (phylloquinone) 1	µg	0.0	1	--
Lipids				
Fatty acids, total saturated	g	1.530	--	--
8:0 1	g	0.000	1	--
10:0 1	g	0.000	1	--
12:0 1	g	0.000	1	--
14:0 1	g	0.358	1	--
15:0 1	g	0.019	1	--
16:0 1	g	0.921	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
17:0 1	g	0.011	1	--
18:0 1	g	0.209	1	--
20:0 1	g	0.012	1	--
22:0 1	g	0.000	1	--
24:0 1	g	0.000	1	--
Fatty acids, total monounsaturated	g	2.223	--	--
14:1 1	g	0.007	1	--
15:1 1	g	0.000	1	--
16:1 undifferentiated 1	g	0.492	1	--
17:1 1	g	0.000	1	--
18:1 undifferentiated 1	g	1.496	1	--
20:1 1	g	0.228	1	--
22:1 undifferentiated 1	g	0.000	--	--
22:1 c 1	g	0.000	1	--
Fatty acids, total polyunsaturated	g	1.225	--	--
18:2 undifferentiated 1	g	0.077	1	--
18:3 undifferentiated 1	g	0.051	--	--
18:3 n-3 c,c,c (ALA) 1	g	0.051	1	--
18:3 n-6 c,c,c 1	g	0.000	1	--
20:2 n-6 c,c 1	g	0.014	1	--
20:3 undifferentiated 1	g	0.007	1	--
20:4 undifferentiated 1	g	0.030	1	--
20:5 n-3 (EPA) 1	g	0.376	1	--
22:5 n-3 (DPA) 1	g	0.130	1	--
22:6 n-3 (DHA) 1	g	0.540	1	--
Cholesterol 1	mg	59	1	--
Amino Acids				
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD